THE J.M. SMUCKER Co

Pumpkin Hand Pies — Two Ingredient Dough

Prep Time	Cook Time	Serves	Difficulty
20 mins	25 mins	8	N/A

Ingredients

- 1/2 cup (125 mL) pumpkin puree
- 1/4 tsp (1 mL) pumpkin pie spice
- 1 tbsp (15 mL) natural turbinado sugar
- 1 tsp (5 mL) sweetener, optional
- 1 cup (250 mL) **Brodie®** Self Raising Cake and Pastry Flour

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- 1 cup (250 mL) 0% Fat Greek Yogurt
- 1 egg, beaten
- 1/2 tsp (2 mL) vanilla
- 2 tbsp (30 mL) **Smucker's®** Sundae Syrup No Sugar Added Caramel Flavoured Syrup, optional

Directions

Step 1:

Preheat oven to 400°F. Line a baking sheet with a weight watchers silicone liner. Combine first 3 ingredients in small bowl. Set aside. Combine egg and vanilla in separate bowl.

Step 2:

Combine flour and yogurt in medium sized bowl. Remove to floured work surface and gently knead until dough forms. Divide into 8 balls. Roll each into a 4" square. Keep remaining pieces of dough covered on floured surface. Place filling in centre of square and brush top edges with beaten egg. Fold over to form triangle and pinch to seal. Place on baking sheet. Prick tops with well floured fork. Brush with remaining egg mixture. Bake 20-25 minutes or until golden. Remove to cooling rack. Drizzle with Sundae Syrup.

Images

